

Team Florida AAU Guidelines Fall 2026-Spring 2027

www.TeamFloridaGymnastics.com

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AAU & Team Florida registrations for coaches, athletes, clubs and judges will be available on August 15th.

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Memberships for Team Florida Club Hosting Meets

All AAU Memberships expire August 31st 2026

On-line Team Florida registration for Clubs & Coaches.

Instructions: **CLUBS & COACHES MUST HAVE A CURRENT AAU # TO REGISTER FOR TEAM FLORIDA & A CREDIT CARD.**

- Log into: www.TeamFloridaGymnastics.com
- Cost per club $16.50 includes processing fee
- Cost per coach $11.00 includes processing fee
- NOTE: There is no Team Florida Registration for Athletes
- To register your club & coaches:
  Select the Registration Icon
  Then select the Club and Coaches Icon
  Follow the on-line instructions
- Adding additional coaches: you can do this anytime. Log onto the website, select
  Clubs and Coaches Icon
  Use the pulldown menu to find your club
  Add coach
- To register as a judge: (Team Florida only)
  AAU National membership is not required for judges for 2026-27 season, but highly recommended for insurance purposes.
  Select judge icon
  Follow the on-line instructions
  Judges may also purchase required AAU uniform on this same registration page
- Judges Uniforms: (Team Florida requires AAU shirts/jackets)
  Select Judge icon
  Order Uniform

Receipts will be emailed automatically and state “Team Florida”. If you do not receive your receipt, please check your junk email. A processing fee has automatically been included in the cost.

Clubs: All clubs must be registered with AAU. www.aausports.org
Once your club has received the Club AAU Membership number:
Go to www.TeamFloridaGymnastics.com
Follow above directions

All clubs bidding for meets must have a Level 2 membership if planning to host an AAU licensed competition

Coaches: All coaches must be registered with AAU. www.aausports.org
Once the coach has received their AAU Membership number:
Go to www.TeamFloridaGymnastics.com
Register your club first
Follow above direction

AAU National Membership Fee

As of August 31, 2026:

- Athletes under 18 years of age - $22.00 for regular or $24 for extended ONE (1) year. Valid 8/31/26-8/30/27
- Adults 18 years of age or older (coaches/athletes/judges) - $55.00 for regular or $57 for extended ONE (1) year. Valid 8/31/26-8/30/27
- Adults 18 years of age or older (coaches/athletes/judges) -$75.00 for regular or $79 for extended TWO (2) years. Valid 8/31/26-8/30/28.

Adult membership includes the most comprehensive background security check available in the sport of gymnastics.

Note: If an athlete turns 18 years of age during the membership year and decides to coach as well as compete, their athlete membership will cover them as a coach provided they are supervised by a non-athlete adult member. If a gymnast turns 18 years of age within their year of membership, no background check will be required during that year.

REFUND OF ENTRIES

In the event an athlete is injured or becomes ill at the time of a qualifier/state championship, the coach may request from the Team Florida President PRIOR TO THE FIRST DAY OF COMPETITION and be issued a refund for the entry fee from the meet director. The coach must supply to the president of Team Florida, a copy of a written physician's excuse which explains the fact that the gymnast was injured/ill at the time of the designated competition and needed to be treated and cannot participate in the training and/or competing in gymnastics for a specified amount of time that would include the dates of the qualifier/state championship. If the president approves the request, the meet director shall issue a refund to the club (not the parent of the child) the amount of the entry fee. The refund will be issued within two weeks following the completion of the competition. The coach must supply the mailing address of the club and will be written to the club name.

If the Team Florida president does not receive a written physicians' excuse as stated above PRIOR to the first day of competition, no refunds will be given.

In the event of a major unavoidable situation (hurricane, national health crisis etc) which results in a state/national shutdown and qualifier/state meet is cancelled AFTER entry deadline; refunds will be issued to participating clubs less $15.00. If qualifier/state meet is cancelled BEFORE entry deadline; full refund will be issued. All refunds will be issued within three (3) weeks of cancellation.

Entry Fees for Team Florida - Clubs & Coaches

Fall 2026 Qualifier Entry Fee: $70.00/athlete

Fall 2026 State Meet Entry Fee: $100.00/athlete

Spring 2027 Qualifier Entry Fee: $70.00/athlete

Spring 2027 State Meet Entry Fee: $100.00/athlete

Team State Meet Entry Fee: $50.00/team

DOOR FEES

**In-gym door fee for qualifiers:	$15.00/adult, $10.00/child (4 -12 years of age), under 3 years of age – free Two Day Pass: $25 adult, $15/child (4-12 years of age)
**Outside facility door fee for qualifiers:	$25.00/adult , $20.00/child (4-12 years of age), under 3 years of age – free Two Day Pass: $40 adult, $30 child (4-12 years of age)
**State Championship door fee:	$25.00/adult (13 years of age and up), $20.00/child (4-12 years of age), under 3 – free
**Two Day Pass:	$40.00/adult (13 years of age and up), $30.00/child (4-12 years of age), under 3-free

PLEASE INFORM PARENTS THAT MOST DOOR FEES ARE CASH ONLY

BIDDING FOR A QUALIFYING MEET AND/OR STATE MEET

MEET DIRECTORS/HOST CLUBS

Please refer to www.teamfloridagymnastics.com for all information pertinent to Meet Directors.
Website will contain: Meet Director Guidelines, bid form. Template for meet information (flyer to send to clubs), clubs list with sections, invoice for completion after meet.

Clubs bidding for a meet must be a current **active member** of both AAU and Team Florida.

Fall Season: Club must actively compete in a minimum of (2) levels of gymnastics offered within a given season at their own awarded meet and make a commitment to compete a minimum of two (2) levels at that season's State Championships. gymnastics (Level 1,2,3,4,5,6,7,8,9,10 and all excel levels. Ladies division does not fulfill this stipulation).

Host club must attend the following within the season hosting.

** Spring Season Host: Host club must attend a minimum of two (2) qualifiers within season hosting.

Ladies Division, Co-ed Division, and Boys Division are ineligible to count for level attendance for either season.

TEAM FLORIDA WEBSITE

www.TeamFloridaGymnastics.com

Please refer to the website for information regarding addresses, meet information etc.



COACHES INFORMATION

Dress Code for Coaches:

Shoes, rubber soled flip flops are allowed
Warm Ups
Appropriately length shorts, mid-calf, capri length or long pants are acceptable
Females: tops that cover mid-drift and upper areas, no strapless, spaghetti strap tops, or tank tops
T-Shirts must be tasteful
Females wearing spandex leggings must wear tops that are long enough to cover lower torso
No Jeans are permitted of any type/kind

Athlete Attire

Gymnasts have the options to wear the following competitive attire:

- Form fitting Leotard that has either sleeveless (tank style), full or 3/4 length sleeves and may be embellished with crystals/sequins.

- Form fitting Lycra spandex shorts, Capri length or ankle length leggings/tights over or under leotard. May be color coordinated.

- Form fitting Unitard that has either full or 3/4 length sleeves or is sleeveless (tank style) may be embellished with stones/sequins.

No athletic or loose fitting shorts allowed. Gymnast must remove the shorts or wear form fitting lycra spandex shorts. Failure to comply - .30 deduction off each individual event score.

JUDGES INFORMATION

Thank you for being a Team Florida/AAU judge. It's great to have you apart of the wonderful adventure.

Judges need to be a member of Team Florida and a member of Florida NAWGJ. Please refer to the membership section of the Team Florida AAU Handbook to obtain membership information. Memberships are now purchased on-line: www.TeamFloridaGymnastics.com

Refer to the Team Florida Website for AAU Rules, routines and updates: www.TeamFloridaGymnastics.com

Judges availability dates that are provided by each judge must be sent through GymJas. Please contact Carol Curley (AAU Judges Coordinator) for all information. curleynawgj1@gmail.com

AAU Judges Attire:

Judges must wear official AAU Judges Shirt. Shirts/jackets must be ordered a minimum of 4 weeks prior to needing them. First year judges may wear black shirt/top with black pants. Black sweater is allowed. All seasoned judges must wear official shirt and jacket.
Judges attire may be ordered on-line: www.TeamFloridaGymnastics.com

Cindy Gwinn, AAU Judges Uniform Coordinator, is in charge of sending out the attire once ordered on-line.
Cindy Gwinn: c.gwinn19@gmail.com (727) 919-4148

Judges must wear full length pants. The only acceptable color is black and the pant leg must be ankle length. No length shorter than ankle is permitted such as capris etc. Business casual style pant is acceptable or "track suit" type pants that is, pants that are similar to the style/fabric of pants that are a part of a warm up suit are permitted. However, the color must be solid black, no side stripe or other decoration is allowed. No jeans or denim jean-type fabric or form fitting pants/leggings are permitted.

Tasteful shoes -sneakers or sandals are allowed

AAU Judges Jacket: The only acceptable jacket is the official Team Florida judges jacket. No other jacket/sweater will be allowed. Please use the enclosed order form located in this handbook.

AAU Judges shirts and jacket will be required for all qualifiers, except when meet has a theme and requests judges to dress in attire reflecting the theme.

IMPORTANT:
In a competition where a situation arises that is not easily resolved by the Chief Judge on an event, the acting Meet Referee should be consulted. If a solution still cannot be resolved or if there are questions regarding Team Florida rules and policies, please contact Kathy Stuenkel, Team Florida President (teamfloridagymnastics@gmail.com 941.457.6131) for the final decision. If Kathy cannot be reached the final decision will be made by the meet referee after consulting with the meet director. The meet referee will send a follow up email to Kathy Stuenkel after the meet regarding the situation and any resulting decisions. Decisions should be made for the benefit of the gymnast. After the competition, judge should contact Kathy Stuenkel and report the situation and what the resulting decision was.

TEAM FLORIDA AAU GYMNASTICS JUDGES POLICIES FOR QUALIFIERS AND STATE CHAMPIONSHIPS
Fall 2026- Spring 2027

ALL MILEAGE REIMBURSEMENT IS BASED ON .60 PER MILE, NOT THE IRS RATE

Travel and Mileage Reimbursement – Rideshares

1. Judges assigned to qualifiers and/or State Championships are requested to rideshare to a competition whenever possible.
2. A rideshare is considered as two or more people
3. Judges who rideshare must set up the ride share on their own
4. Drivers of a rideshare will receive full mileage
5. A judge who is the designated driver of a rideshare, in order to receive full mileage is required to indicate on their vouchers who they rideshared with as well
6. If there are only two judges who are local to each other and one of the judges elects to drive solo to the meet, the both judges are considered solo drivers and the mileage cap will apply to both judges.

Solo Drivers: Judges who choose to drive solo to a competition will receive mileage under the following stipulations:

1. A hard copy of Mapquest will be required, showing the shortest distance from home to meet site and back.
2. Mileage will be capped for solo drivers as follows:
   Fall Season: 130 miles maximum
   Spring Season: 230 miles maximum
   State Championships: 230 miles maximum
3. Solo drivers may not receive mileage if they drive with family members, coaches, team parents or athletes or anyone not judging the competition.

Judging Hours:

Judging hours will be calculated for all competitions from the beginning of the first routine performed of the first session and concludes when the last gymnast of the last session of the day completes her routine. There will be no break time calculations. In other words, judges are paid straight through the day. Meet referee fees do not apply.

Report Times:

The report time for judges will be 10 minutes prior to the start of timed warm ups if the meet is modified capital cup (warm up/compete each event. Report times are not compensated. Judges go on the clock when the first gymnast begins her routine. Judges are not to begin judging until warm ups and march in or team intros have been completed. Judges should wait for signal from meet referee to begin judging.

It has been recommended that the meet director have a designated individual recording the start of the first gymnasts' routine and the last gymnast ending her routine. The meet referee should also record these times and confer with the meet director so that the times concur. Ending time of the last session should be based on the printed time schedule. However, if the meet is obviously ahead of time and there are a large number of scratches or some other circumstances that makes it obvious that the last session will end earlier than printed, the meet referee should confer with the meet director and arrive at a mutual decision.

Breakfast:

1. If you leave your house to travel to the meet the morning of the meet, no breakfast charges may be made on your voucher.
2. If you stay in a hotel overnight and the meet doesn't provide breakfast but the hotel provides complimentary breakfast, you may not charge per diem for breakfast whether

you eat breakfast at the hotel or not. Some meets provide a breakfast of some fashion for judges because not all judges will stay the night prior to the meet start. Contact the meet director, if possible, and ask if breakfast will be provided at meet site.

Dinner:

1. Judges who have a 3 hour or longer drive to arrive at the hotel the night prior to a meet begins are eligible to provide a receipt for up to $15.00 for dinner. The driving time must be verified by hard copy from Mapquest.
2. If dinner is not provided at all at the meet site and you will arrive home after 7pm, you are eligible for the $20.00 per diem. Driving time must be verified by hard copy of Mapquest. Note: due to the fluctuation of session competition times, dinner may have to be provided at a time somewhat earlier than you may be accustomed to. Please be flexible and understanding in these situations. Do not expect to be served four meals in one day.

Judges cannot provide/share meals, snacks, drinks etc with coaches, family members or friends that are meant for the judges only. Family members/friends are not allowed in the judges break room/area.

Hotel Rooms

1. If you have a drive time of longer than one hour from your home to the meet site as verified by Mapquest for an 8:00am report time, you may request a hotel room for the night before the meet.
2. If a competition will not be over in time for you to arrive home by 11:00pm as verified by Mapquest, you may request a hotel room.
3. If a meet director offers a judge an overnight room and the judge elects not to accept it, then the driver judge may only collect ONE round trip of mileage to and from the meet. Not a round trip each time they drives to meet and back. This does include VRBO/Air BnB homes that provide a separate bedroom for each judge.
4. If you must cancel a hotel night, you must inform the meet director and the assigner before fees are incurred or you will be responsible for the hotel room cost.
5. You cannot have overnight guests or family members stay with you in the hotel room unless they are contracted judges on the meet even if you are in a room by yourself. If you choose to have a friend or family member stay in your room, you will incur the total cost of the room night.
6. Mapquest must be provided in hard copy, no electronic verification showing mileage from home to meet site. Mapquest verification must show both mileage and time it takes for you to travel to the site. You must include the hard copy with your expense

voucher. This is your responsibility as a contractor. Failure to provide a hard copy of Mapquest will result in no mileage reimbursement whatsoever.

7. Judges will be housed one (1) per bedroom, in a single bed. Accommodations can be a single hotel room, condo or rental home (Air BnB, Vrbo etc) with multiple single bedrooms – one for each judge. **Judges may NOT bring family members or any persons (including coaches) other than themselves to stay in the accommodations provided by the meet host.**

LEVELS, DIVISIONS & AGE GROUPS

NOTE: Divisions and age groups may be combined if entries are small due to COVID-19.

Levels:

1,2,3,4,5,6,7,8,9,10, Xcel levels: Copper, Bronze, Silver, Gold, Platinum, Sapphire, Diamond, Ladies Division

Ability Divisions: (subject to change)

Level 1, Level 2 and Level 3 Ability

Novice:	31.975 and below
Advanced:	32.000 – 33.975
Open:	34.000 – 36.975
Elite:	37.000 and above

Level 4 Ability Divisions:

Novice:	31.975 and below
Advanced:	32.000 – 34.975
Open:	35.000 – 36.975
Elite:	37.000 and above

Level 5 Ability Division:

Open:	33.975 and below
Elite:	34.000 and above

Level 6 Ability Division:

Novice:	34.000 and below
Advanced:	34.025 – 34.975
Elite:	35.000 and above

Level 7, 8, Xcel Platinum Ability Divisions:

Open:	33.975 and below
Elite:	34.000 and above

Level 9, 10, Excel Diamond Ability Divisions:

No ability divisions unless necessary -participants will be notified by meet director.

Level Xcel Bronze, Xcel Silver & Gold Ability Divisions:

Novice:	33.000 and below
Advanced:	33.025-34.975
Open:	35.000-36.975
Elite:	37.000-above

Copper & Sapphire Divisions:

No ability division. May be sub-divided when there are 13 or more in one age group.

Ladies Division:

No ability divisions. Ladies may compete in the following levels:

Level 7,8.9.10, Xcel Silver, Xcel Gold, Xcel Platinum, Excel Diamond, Sapphire

Ladies Division: 34.00 All Around and above receive an elite pin at State.

No age divisions unless there are more than 12 in a group, per level. When the entries exceed 12 gymnasts, they will be divided equally based on date of birth. Elite scores and awarding of elite pins are based on the level of athlete (refer to elite criteria in age group divisions)



Mobility of Gymnasts

There are no mandate score requirements in Team Florida AAU regarding a gymnasts' mobility to a higher level. This decision is left to the discretion of the coach and club.

Dropbacks: There must be a valid reason **approved** by the Team Florida President for a gymnast to drop back to a lower level. The petition must be submitted in writing to the President outlining the reason. For situations involving injuries or illnesses, a written physicians' explanation as to why it is medically necessary for the gymnast to drop back to a lower level must be a submitted. If a gymnast has not trained in the sport of gymnastics for at least one calendar year, she may petition to begin competing in a level that is one division lower than her last competitive season. If she has been out for more than one year, she is considered a new athlete and can begin at any level.

Important Reminders

Levels 1 through 10 , Xcel Bronze, Xcel Silver, Xcel Gold, Xcel Platinum, Xcel Diamond, Xcel Sapphire

There will be no age groups within the Elite Division unless there are 12 or more athletes in the division. If there are 12 or more Elite division athletes, the division will be divided into age groups of no more than 12 athletes per age group. The Elite Division is based on level of ability, not age unless over 12 gymnasts.

Examples:

1. 12 elite athletes. No age groups
2. 13 elite athletes. Two age groups of 6-7 athletes based on dates of birth
3. 18 elite athletes. Two age groups of 9 athletes based on dates of birth
4. 26 elite athletes. Three age groups of 7-8 athletes based on dates of birth

There will be no exception to this rule. See section on Ability Division (page 14)

Age Group Awards

Age groups for each level, each division will be determined by date of birth rather than pre-determined, specific age groups. The maximum number of competitors in an age group will be twelve (12) and there will be a maximum of three (3) years between the youngest and oldest competitor. If there is more than a 3 year difference for a group of twelve (12), that group will be sub-divided so that there is no more than a three (3) year age difference. Be sure when entering athletes to list the correct birthdate.

Levels 1-10: Medals for placement, ½ plus 1 per division, per age group, per level
100% Medals for All Around

Age Groups For Competition:

Levels 1,2, Xcel Copper, Xcel Bronze:	No age minimum
Levels 3,4,5, Xcel Silver:	Age 5 by meet
Levels Xcel Gold, Xcel Platinum:	Age 6 by meet
Level Xcel Diamond, Xcel Sapphire:	Age 8 by meet
Level 6,7,8:	Age 8 by meet
Level 9,10:	Age 9 by meet

Ladies Division Information and Rules:

Any athlete from High School age and above. Minimum age of 14 for Ladies.
This division is offered in the Spring Season only
Ladies division currently may compete in the Team Florida Program:
- Xcel Levels – Silver, Gold, Platinum, Diamond, Sapphire
- Levels 7,8,9,10

Ladies division athletes can attend any qualifier providing they have a current AAU National Membership. They are not bound by the section boundaries.
Ladies division athletes are not required to attend a qualifier to be eligible to compete in the Spring State Championship. If she is independent of a club, as an individual and is at least 18 years old, she may compete as an Independent. It is the responsibility of the athlete to contact the meet director of the meet she wishes to enter. She may use the entry form provided in the handbook and mail to the meet director before the entry deadline.
Awards for the Ladies Division will be 100% in individual events and in All Around. All Around competition is not required.
Award groups will be no more than twelve (12) in a group per level. When entries exceed 12, gymnasts will be divided into a second group based on date of birth.
These groups will be known as Group A, B and so on.

APPAREL: Leotard either long sleeved or tank style. Ladies division athletes may wear form-fitting thigh length or ankle length footless tight/leggings or a one piece ankle length unitard. No sweatpants or warm up pants.



ROUTINE ADJUSTMENTS

Please refer to the Team Florida website for the most up to date information regarding routine clarifications . www.TeamFloridaGymnastics.com and/or the Team Florida AAU comparison reference chart for further clarification.

General:

Levels 3,4,5,6,7,8,9,10, Xcel Silver, Xcel Gold, Xcel Platinum, Xcel Diamond, Xcel Sapphire: No deduction for sports bra or lycra briefs showing. Panties will receive a .10 deduction after one warning then the deduction will occur at each event.

No timing of beam or floor at any level

All compulsory and optional Xcel levels for vault may use either springboard or mesh airboard except for roundoff entry vaults.
Equipment and matting may be adjusted to facilitate the safety of the gymnast, but cannot go below manufacturers' specifications.

LEVEL 1,2,3,4,5,6,7,8,9,10

All compulsory levels: maximum execution deduction is .10 less than the value of the element. Deliberate omission: Value of the element

All routines are as per USAG with the **following adjustments**:

VAULT: Level 1,2

Gymnast will perform ONE vault in these levels unless the gymnast does not pass through the vertical plane. The chief judge on the panel will make the determination if the gymnast may repeat the attempt and notify the coach. The coach is not permitted to ask the judge for an additional attempt.

May use a regulation springboard OR mesh board referred to as an Air Board with no deduction.

VAULT: Level 3

Gymnast will perform ONE vault in these levels unless the gymnast does not pass through the vertical plane. The chief judge on the panel will make the determination if the gymnast may repeat the attempt and notify the coach. The coach is not permitted to ask the judge for an additional attempt.

The MINIMUM mat stack height requirement for Level 3 is 24" to facilitate the safety of the gymnast. The mat stack may go higher than 24" but not lower. Deduction for mat stack lower than 24" is .50.

May use a regulation springboard OR mesh board referred to as an Air Board with no deduction.

UNEVEN BARS: Level 3

The START VALUE of 10.00 will be applied for either the Glide return/Pullover OR the Glide Kip mount.

UNEVEN BARS: All levels: An airboard cannot be used for mounting purposes on the bars. A regulation springboard, folded panel mat or low block may be used.

BALANCE BEAM: All levels: An airboard cannot be used for mounting purposes on the bars. A regulation springboard, folded panel mat or low block may be used.

Matting and equipment may be adjusted higher or lower to facilitate the safety of the gymnast with no deduction. Deductions will be taken if feet touch the floor.



2026-2027 Team Florida AAU Copper Rules

VAULT

Option #1: 9.8 Start Value Straight jump on to mat

Option #2: 10.0 Start Value Straight jump on to mat, then kick to handstand fall to Flat Back

BARS

10.0 Start Value 3 VP/Skills Required Special Requirements .50 each

1. Mount (.50) - **choice of**: jump to front support OR pullover on low bar
2. Cast return to bar (.50) – no angle required. Hips must leave bar, emphasis on hollow body position, head in alignment, straight arms throughout. Cast is NOT required to connect to dismount.
3. Dismount (.50) – **choice of**: Small cast to push away to stand OR roll forward over bar to stand.

BEAM

4 VP/Skills Required Special Requirements .50 each

1. Straight jump (.50) – Emphasis on tight, stretched body position throughout. Leg separation in jump is considered a form break, subject to deduction. Optional arm placement.
2. Lunge (Acro) (.50) – Lunge is performed as the skill shape leading into or out of an Acro skill. Emphasis on hollow, aligned and extended body position and limbs, arms overhead. Position must be minimum of one second.
3. ½ Pivot turn (.50) – Must be performed on two feet. Pivot must be in releve' (balls of feet) throughout turn. Optional arm placement. Emphasis on extended body and balance.
4. Dismount (.50) – Straight jump off to stand. May be performed from the side or end of the beam. Optional arm placement. Emphasis on tight, extended body with no leg separation in the air.

FLOOR

4 VP/Skills Required SR .50 each

1. Straight jump (.50) – Emphasis on tight, extended body with no leg separation in the air. Body should align with feet upon landing.

2. Roll (Acro) (.50) – May perform forward or backward. Must land on feet. Leg position may be tucked, pike or straddle. Roll may finish in tuck, pike, straddle or push-up position. May be performed as a single skill or as the final skill of a connected series; however, execution deductions will apply to all performed skills.
3. ½ Pivot turn (.50) – Must be performed on two feet in pivot. Pivot must be in releve' (balls of feet) throughout turn. Optional arm placement. Emphasis on extended body alignment and balance.
4. Bridge (.50) – Must start from lying position on floor, then push through arms and legs simultaneously to bridge position. Legs must extend to straight position and held for a minimum of one second, then lower body to floor. Emphasis on legs/feet together while lifting to full leg extension and arms straight in hold. After a minimum of one second hold lower back to floor. **Or SHOULDER STAND** (aka candlestick) – Start from back lying position, arms at side on floor, palms facing floor. Left legs and torso to a hollow straight vertical position, toes pointed, knees straight. Hold minimum of one second. Lower back to floor.

XCEL PROGRAM

All levels of Xcel (Bronze, Silver, Gold, Platinum, Diamond and Sapphire) will be offered. All current rules will apply to the Xcel program, and is offered in every level in both the fall and spring seasons.

Rules will be per USAG with the following Team Florida modifications.

.50 deduction for each missing special requirement.

All Xcel levels for vault may use either:

- Regulation springboard (board that uses metal springs for rebounding) or mesh board referred to as an airboard except for roundoff entry vaults.
- No timing of routines

.50 deduction for each missing special requirement.

Xcel Bronze:

Maximum deduction for subtle verbal cues to help gymnast remember routine is .10 for entire routine

NOTE: Extra matting beyond manufacturers specs may be used to facilitate the safety of the gymnast. However, matting may not go below manufacturers specs.

Vault:

Only one (1) vault is allowed unless the Chief Judge deems it necessary for a repeat.

Important: gymnast must choose one (1) type of vault to compete:

Xcel Bronze:

1. Stretch jump onto minimum of 16" of matting and then kick to handstand, fall to flatback (9.000SV)
2. Jump off board to handstand, fall to flat back on minimum of 16" matting (no repulsion required). No line requirement (10.0 SV) Bars, beam and floor exercise as per USAG.

Excel Silver:

Extra matting beyond USA Gymnastics specs may be used to facilitate the safety of the gymnast. However, matting may not go below manufacturers' specs.

Xcel Silver Vault:

Two (2) vaults are allowed. Vault values will follow USA Gymnastics vault value chart.

Springs: In all AAU licensed (sanctioned) competitions, the number of springs used in the vaulting board is left to the coaches' discretion to facilitate the safety of the gymnast. Minimum of 24" mat height. Airboard may be used

Xcel Silver Bars:

Mounting board/mat for bars when performing a glide return into a pullover may be left in place until gymnast has completed the pullover or board may be pulled after glide. Board/mat must be pulled after gymnast completes pullover. Board may not be left in place for the entire routine. Deduction for board left in place for entire routine is .30.

AAU XCEL SILVER BARS MODIFICATION SPECIAL REQUIREMENT:

CAST TO MINIMUM OF 45 DEGREES BELOW HORIZONTAL:
Special Requirement WILL be awarded provided gymnasts hips leave the bar with the following deductions:
*Below 45 degrees: 0.05 - 0.2

CLARIFICATIONS:
*Only one cast/skill needed to fulfill SR.
*General execution deductions may apply to all skills.
* SILVER: If hips do not leave the bar in any cast performed, then SR is not rewarded.

As per Region 8 Xcel Technical Director:
"If there is ANY size cast before the squat on, that is the 1st skill - it is skill #2.102. Straight jump off is the 2nd skill - in the additional skills chart." Equals two (2) skills.
Pullover, cast, back hip circle, cast, squat on jump off. (5 A skills) Pullover, cast back hip circle, cast sole circle dismount. (5 A skills)

A gymnast is allowed to perform more than 5 A skills in their Silver bar routine. If you notice a start value flashed that you are unsure of, you have the right as a coach to formally inquire at all qualifiers and at state. You will need to get an inquiry form from the meet director, list your routine and start value. Return the inquiry form to the meet director to give to the meet referee. The chief judge will review the inquiry and make a decision. Judges are not required to give you any more information than what is listed on the form but may further explain if they wish.

It is allowed at all events to simply approach the chief judge AFTER the squad has finished all routines and politely ask if she could clarify something that you don't understand. The Chief Judge does NOT have to talk to you. If that is the case, you can then fill out and hand in an inquiry instead.

Xcel Gold:

Please refer to the rules and policies regarding the USAG Xcel Gold Program with the following Team Florida modification:

Skills listed in the USAG Code of Points will be awarded value part, along with the additional list of skills listed in the USAG Manual for Gold Level.

No timing of routines

Extra matting beyond manufacturers specs may be used to facilitate the safety of the gymnast. However, matting may not go below the manufacturers specs.

Xcel Gold Vault:

Two (2) vaults are allowed.

Springs: In all AAU licensed (sanctioned) competitions, the number of springs used in the vaulting board is left to the coaches' discretion to facilitate the safety of the gymnast. An airboard may be used.

Xcel Gold Bars:

AAU XCEL GOLD BARS MODIFICATION: The former rule of the two back hip circles, no matter if the entry and exit is the same, has been added back as an additional choice to fulfill the special requirement regarding two circling skills.

SPECIAL REQUIREMENT: Two (2) 360 degree circling skills (no mount/dismount)

CLARIFICATIONS:

- Back hip circles can receive VP/SR credit two (2) times. Any stops, pauses, readjustments, etc. will be deducted for rhythm errors only and does not negate either circle VP/SR.
- Cast back hip circle, cast back hip circle=OK (regardless of each cast angle)

SPECIAL REQUIREMENT: Skill finishing in clear support min. horizontal (no mount/dismount)

- 1-45degrees below horizontal: 0.05-0.15, 46 degrees or more below horizontal: 0.20-0.30
  Only one cast/skill needs to fulfill SR
- All casts, including casts preceding skills leading to a dismount will receive "A" value part unless hips do not leave the bar (no VP) with the following exceptions: cast squat, stoop, or straddle on low bar to jump to high bar; cast shoot through and cast off to stand dismount will receive one (1) "A" value part
- General execution deductions may apply to all skills. Total deduction cannot exceed the value of the SR.

Example: Cast, back hip circle/cast, back hip circle is counted both times. Likewise, cast, back hip circle/immediate back hip circle is also counted twice. Gymnasts may also perform two back hip circles in a row or any other of the combinations that the new current rules offer aslong as the gymnast performs two circling skills, same or different, they will fulfill the .50 special requirement.

Mat Stacking for Routine: There is no specific deduction for performing entire gold bar routine on the highbar. However, there is a specific deduction for not performing dismount off the high bar. This has resulted in coaches taking numerous mats to build a "mountain" of mats for a gymnast who is going to perform a routine entirely on the high bar in order to reach the highbar for the mount. This has resulted in the meet stopping because of insufficient mats on the other events. To prevent this from occurring the following AAU rule is in effect:
The highbar may be lowered to facilitate the gymnast. The coach may lift the gymnast for her to grasp the highbar with no deduction as is done in men's gymnastics. No further assistance may be given by the coach. A push to a swing, assistance with a pullover, etc. will result in a .50 deduction.

Xcel Platinum:

Please refer to the rules and policies regarding the Platinum Program with the following Team Florida AAU modifications:

Skills listed in the USAG Code of Points will be awarded value part, along with the additional list of skills listed in the USAG Manual for Platinum Level.

No timing of routines

Extra matting beyond manufacturers specs may be used to facilitate the safety of the gymnast. However, matting may not go below manufacturers specs.

Xcel Vault: (Silver, Gold, Platinum, Diamond and Sapphire):

Springboard or mesh airboard may be used except in round-off entry vaults. Round-off entry vaults need to use a springboard.

Two (2) vaults are allowed.

Springs: In all AAU licensed (sanctioned) competitions, the number of springs used in the vaulting board is left to the coaches' discretion to facilitate the safety of the gymnast.

Xcel Beam and Floor:

No timing of routine

Excel Diamond:

Please refer to the rules and policies regarding the Diamond Program with the following Team Florida AAU modifications:

No timing of routines

Extra matting beyond manufacturers specs may be used to facilitate the safety of the gymnast. However, matting may not go below manufacturers specs.

Xcel Diamond Vault:

Springs: In all AAU licensed (sanctioned) competitions, the number of springs used in the vaulting board is left to the coaches' discretion to facilitate the safety of the gymnast. An airboard may be used except for a round off entry.

Xcel Sapphire:

Please refer to the rules and policies regarding the Sapphire Program with the following Team Florida AAU modification:

No timing of routines

Extra matting beyond the manufacturers' specs may be used to facilitate the safety of the gymnast. However, matting may not go below the manufacturers' specs.

Xcel Sapphire Vault:

Springs: In all AAU licensed competitions, the number of springs used in the vaulting board is left to the coaches discretion to facilitate the safety of the gymnast. An airboard may be used except for a round off entry.

STATE MEET QUALIFYING SCORES

Levels 1 – 8, Copper, Xcel Bronze, Xcel Silver, Xcel Gold and Xcel Platinum
28.00 AA
8.0 Individual Event
8.0 Individual event all levels of compulsory and optional

Level 9, 10, Xcel Diamond, Excel Sapphire:
30.00 AA
8.0 Individual Event

All scores and start values that are flashed, whether electronically or by hand, are a guide only and are subject to change. The scores announced at awards are correct and final as these scores have been verified by officials and staff

CLUB ELIGIBILITY REQUIREMENT FOR TEAM FLORIDA STATE CHAMPIONSHIPS

1. Clubs competing in the Fall season must enter and compete in a minimum of one (1) of the three (3) offered qualifiers in their designated section.
2. Clubs competing in the Spring Season must enter and compete in a minimum of two (2) of the three (3) offered qualifiers in their designated section.
3. Club must pay all entry fees by due date of qualifier in order to be eligible. Late entry fees, even if they are accepted by the qualifier meet director will jeopardize your fulfillment of the two meet rule. Paying entry fees after the completion of the meet will automatically prohibit the club from using that qualifier as one of the two required meets even if the club's athletes competed in the qualifier. Likewise, any entry fee checks returned for NSF will cause that qualifier to not count toward the two meet requirement
4. It is not mandatory to have all athletes attend all qualifiers. The club itself must have a minimum of one athlete entered and compete in two qualifiers in the fall and/or spring season. Athletes themselves must compete and receive the required qualifying score for their level in a least one qualifier to be eligible for the state championship.
   Please note: Invitationals do not qualify a gymnast to the State Championship even if they are AAU licensed.
5. It is not permissible to enter a qualifier, pay entry fees and then scratch all athletes or simply not show up. Having no athletes compete in a qualifier even if they were entered and paid for, negates that qualifier as one of the required two.
6. If only one athlete is entered into one of the two designated qualifiers the club has chosen to attend and the athlete is injured or becomes ill or an emergency occurs and

the athlete is scratches, that qualifier will not count towards the two meet rule. Three qualifiers are offered for this reason. The club may then enter and compete in the following qualifier if one is offered, thereby fulfilling their two-meet obligation. If no other qualifiers are offered, the club is ineligible to enter the state championship.

7. If only one athlete is entered and paid for into a qualifier and is injured during the warm ups or competition and withdraws, the club has fulfilled the requirement for competing in that qualifier even if the athlete does not receive a score. However, the meet director must make note of this situation when sending scores/results to Terry Doster, Administrator, for recording.
8. When planning your schedule, take the above rules into consideration and make every effort to compete enough of your athletes and compete in enough qualifiers that there are no issues about meeting club eligibility requirements for entering the state championships.

ATHLETE ELIGIBILITY REQUIREMENT FOR TEAM FLORIDA STATE CHAMPIONSHIPS

1. All athletes must compete in at least one (1) qualifying meet in the competitive season of the same state meet. (Example: athlete attends one (1) fall qualifier in order to compete in the fall state championship meet. Athlete attend one (1) spring qualifier in order to compete in the spring state championship meet.)
2. If for some reason an athlete cannot compete in a qualifier and wishes to compete at the State Championship meet, they must complete the STATE CHAMPIONSHIP MEET RELEASE FORM found of the Team Florida Website. www.teamfloridagymnastics.com. Failure to complete the form and entering the state meet will result in a $250 fine to the club.
3. Petition to the State Championship are considered if athlete was injured/ill at time of all qualifiers (2 in fall season or all 3 in spring season).and is being entered at same level competed at previous year's AAU qualifiers (not invitations) and sent to the Team Florid president by the first day of the third qualifier and accompanied by:
    a. Signed physician's excuse stating injury/illness existed at the time of all qualifiers with dates of qualifiers listed and checked off.
    b. Copy of scores from previous year and location and dates of competitions.
    c. No other competitive program's scores may be used for petitioning into either the Fall or Spring State Championship Meet.

Meet Entry Forms

All entry forms are now located on the website: www.teamfloridagymnastics.com
No handwritten or mailed in entry forms will be accepted. Meet flyers containing all meet information and meet schedule will be posted on the Team Florida website. www.teamfloridagymnastics.com.

Directions on how to Enter a Meet:

1. Open the browser on your computer and type: www.teamfloridagymnastics.com
2. Look for the box: Meet Entry Forms
3. Click on the link to the entry form you are entering. They will be displayed as follows:
   - 2026 Fall Qualifying Meet Entry Form
   - 2026 Fall State Meet Entry Form
   - 2027 Spring Qualifying Meet Entry Form
   - 2027 Spring State Meet Entry Form
4. Complete the required forms and the tally sheet (page 2) listing the athletes that will be competing by using the dropdown menus**. SAVE THE FORM TO YOUR COMPUTER.** Each form is different level, so save it as eg. LEVEL 1, 2025 1ST QUALIFIER.
5. Email both forms (entry & tally sheet) to the meet director.
6. Mail the payment or call the meet director to give credit card payment.

The good part? Your athletes are already listed for the next qualifying meet. All you need to do is change the meet location information, check the ability divisions in case they changed.

TEAM FLORIDA AAU GYMNASTICS 2026-2027 COMPETITION CALENDAR

2026 FALL SCHEDULE

1st Qualifier	2nd Qualifier
October 10-11	**November 21-22**
South/North Combined	**South/North Combined**
Horizon Gymnastics Shelly Proa 285 Adalia Terrace Port Charlotte FL 33953 941.627.5342 tumbleathorizon@aol.com	Venice YMCA Natalia Gaipo 701 Center Road Venice, FL 34285 941-320-6744 ngaipo@ymcaswfl.org

December 12-13
Host: Tampa Gymnastics Meet Director: Patti Gross (813.390.6631) & Morgan Knox (813.373.1308) Location: 17304 Commerce Park Tampa FL 33647 813.390.6631 Meet Entry Form: Please use electronic entry form found on www.teamfloridagymnastics.com Payment for meet: Credit Card Payment: Contact Mary Campanello mcampanello@candosports.cog 813.892.9177 or Venmo Payment: www.venmo.com - @candosports or Check Payment: Payable to Can Do, mailed to Patricia Gross at the above address.

2027 SPRING SCHEDULE

1st Qualifier	1st Qualifier	1st Qualifier
January 30-31	**January 30-31**	**January 30-31**
North	**South/Central Combined**	**Central/South Combined**
Taylor Gymnastics LaDonna LaValle 210 E Main Street Perry FL 32347 850.584.7382 (W) 850.843.3144 (C.) Taylorgymnastics210@gmail.com	Bayside Sports Academy Sommer Menne 4400 34th St North, Suite # St Petersburg FL 33714 727.642.4196 © sommerm@baysidesportsacademy.org	Bayside Sports Academy Sommer Menne 4400 34th St North, Suite # St Petersburg FL 33714 727.642.4196 © sommerm@baysidesportsacademy.org
2nd Qualifier	**2nd Qualifier**	**2nd Qualifier**
February 24-25	**February 24-25**	**February 24-25**
North	**South**	**Central Combined**
Upward Gymnastics Cindy Gwinn 32190 US Hwy. N Palm Harbor, FL 32190 727-919-4148 Cell office@upwardgymnastics.com	Meet Site: Estero Recreation Center Host: Naples Progressive Debbie Ponczoch 9200 Corkscrew Palms Blvd Estero, FL 33928 239.455.3700 Gym 239-290-7298 Cell dponczoch@aol.com	Sports Rock Debbie Johnson 1215 Donegan Ave. Kissimmee, FL 34745 407.480.2777 Gym 407.970.3990 Cell Debs19@aolcom
3rd Qualifier	**3rd Qualifier**	**3rd Qualifier**
April 24-25	**April 24-25**	April 24-25
North/Central Combined	**South**	**Central/North Combined**
Meet Site: Legacy Park Center Host: Sun Country Sports Mike Langieri 333 SW 140th Terrace Jonesville FL 32669 352-331-8773 mikey@suncountrysports.com	Horizon Gymnastics Shelly Proa 285 Adalia Terrace Port Charlotte FL 33953 941.627.5342 (W) 941.457.9692(C.) tumbleathorizon@aol.com	Meet Site: Legacy Park Center Host: Sun Country Sports Mike Langieri 333 SW 140th Terrace Jonesville FL 32669 352-331-8773 mikey@suncountrysports.com

State Meet Championships
May 22-23 2027

Host: Tampa Gymnastics
Meet Director: Patti Gross (813.390.6631) & Morgan Knox (813.373.1308)
Meet Site: Tampa Convention Center
Meet Entry Form: Please use electronic entry form found on www.teamfloridagymnastics.com
Payment for meet: Credit Card Payment: Contact Mary Campanello mcampanello@candosports.cog 813.892.9177 or Venmo Payment: www.venmo.com - @candosports or Check Payment: Payable to Can Do, mailed to Patricia Gross at the above address

Team Florida Board of Directors & Volunteers		
Kathy Stuenkel, President	4287 LaFrance Ave North Port FL 34286	teamfloridagymnastics@gmail.com (941) 429-5777 H (941) 457-6131 C
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Tim Keckler	Lightning City Gymnastics 15482 N. Nebraska Ave Lutz FL 33549	lcgymnasts@aol.com (813) 558-0035
Shelly Proa	Horizon Gymnastics 285 Adalia Terrace Port Charlotte FL 33953	tumbleathorizon@aol.com (941) 627-5342
Debbie Ponczoch: AAU Licensing	Naples Progressive Gymnastics 4795 Mercantile Ave #3 Naples FL 34104	dponczoch@aol.com (239) 455-3700 Gym (239) 290-7298 Cell
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Mike Langieri: Website	SunCountry Sports 333 SW 140th Ter Newberry FL 32669	mikey@suncountrysports.com 352.331.3773
Carol Curley: AAU Judges Assigner	254 Pindo Palm Dr Ponte Vedra FL 32081	Curleynawgj1@gmail.com 407.300.4876